

# DINNERLY



## One-Pan Curried Chicken Rice

with Kale and Pickled Red Onion



35 minutes



2 Servings

This one-pan wonder is bursting with flavour! Simmer rice and tender chicken breast in aromatic curry spices and creamy coconut milk, then top with zingy pickled onion to set it all off.



### WHAT WE SEND

- 1 red onion
- 100g kale
- 1 large free-range chicken breast fillet
- 10g masala seasoning <sup>17</sup>
- 150g basmati rice
- 200ml coconut milk

### WHAT YOU NEED

- 2 garlic cloves
- 2 tsp red wine vinegar <sup>17</sup>
- 2 tsp sugar
- 1½ tbs vegetable oil
- 2 tbs tomato paste

### TOOLS

- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 805kcal, Fat 34.8g, Carbs 75.8g, Proteins 46.0g



#### 1. Prep ingredients

Thinly slice the **onion**. Remove the tough inner stems from the **kale**, then coarsely chop the leaves. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken**. Combine **2 tsp red wine vinegar** and **2 tsp sugar** in a bowl. Add **half the onion** and toss to coat. Set aside to pickle, tossing occasionally, until needed.



#### 2. Brown chicken

Heat **1 tbs vegetable oil** in a medium deep frypan over medium-high heat. Cook the **chicken**, stirring, for 3 mins or until browned. Remove from the pan.



#### 3. Cook onion

Heat **2 tsp vegetable oil** in the same pan over medium heat. Cook the **remaining onion**, stirring, for 3 mins or until softened. Season with **salt and pepper**. Add the **garlic, masala seasoning** and **2 tbs tomato paste** and cook, stirring, for 30 secs or until fragrant. Add the **rice** and stir to coat.



#### 4. Cook rice

Add the **coconut milk, chicken**, any resting juices and **250ml (1 cup) water** to the rice mixture and bring to the boil. Reduce the heat to low, cover and cook, stirring occasionally, for 15 mins or until the water is almost absorbed and the rice is tender. Taste, then season with **salt and pepper**.



#### 5. Serve up

Stir the **kale** into the rice mixture. Cover, turn off the heat and stand for 5 mins or until the kale is wilted. Drain the **onion**, reserving the pickling liquid. Divide the **chicken rice** among plates and top with the **pickled onion**. Drizzle with the **pickling liquid** and enjoy!



#### 6. Make it spicy

Like it hot? Kick up the heat a notch or two with a scattering of chopped fresh chilli or chilli flakes.